



# Do you miss the *old you*?

**You know, the one that felt  
great and had more energy?  
It's time to get her back!**

Learn how to make small changes that can  
manage those aches, pains, and fatigue.  
Better health and quality of life are possible.

No matter your age or ability, there's a local,  
free or low-cost workshop proven to:

**Reduce:**

- Pain
- Depression
- Fatigue

**Increase:**

- Energy
- Confidence
- Quality of Life

Get more information on getting the old you  
back and register for a workshop today.

[www.health.ny.gov/lifestyleprograms](http://www.health.ny.gov/lifestyleprograms)



**Department  
of Health**